

Nation

Goose Break

First Goose Stories

New Hydro Project

Nottaway, Bell to be affected

cree@large

with Stephanie Mianscum





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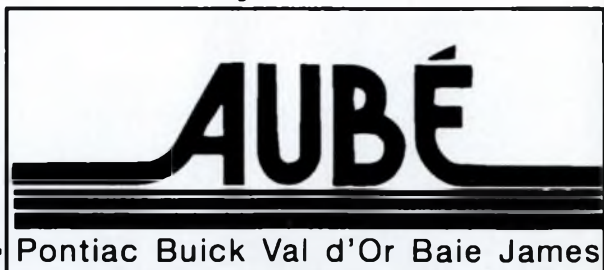
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SLAPPED SILLY

Another step has been taken in the unending struggle of the Lubicon Lake Crees for some real Canadian justice. A small group of their supporters, the Friends of the Lubicon, will be allowed to continue its boycott against the Daishowa paper-making giant of Japan.

Daishowa wanted the courts to rule the boycott illegal, but a judge in Ontario threw out the company's legal challenge. It was an important victory for free speech. But the fight is not over. Daishowa immediately announced it is appealing. The three impoverished activists who were sued in Toronto will have to waste more time and money in the courts to defend the right of free speech.

Even if Friends of the Lubicon win the next court case, and the next one, Daishowa will have bought itself years of officially-backed intimidation of its opponents.

As for the Lubicons, they are nowhere nearer an end to seeing their ancestral lands destroyed by loggers and oil companies. The history of the Lubicon struggle is sickening.

They have never signed a treaty or land agreement, and yet they are unable to have their rights enforced. Alberta and the Feds are in no hurry to settle the Lubicons' decades-old land claim. Instead, the governments have used the most underhanded tactics imaginable to undermine and destroy a small community. Once self-sufficient, the people are now dependent on welfare and their trapping grounds destroyed.

There was one setback in the court ruling. Friends of the Lubicon can no longer accuse Daishowa of "genocide" against the Lubicon Crees. The word "genocide" does not apply to Daishowa's activities, the judge said. Surely that part is some kind of joke that I will understand one day when I am much wiser... I just wonder how old of an Elder I will have to be to understand it.

Daishowa's lawsuit will affect everyone in this country. Imagine a world where you can't say anything negative about any company, entity, individual or the government, without the threat of being sued, even if what you say is true.

Incredibly, that's the scenario facing many Native people, consumer activists and environmentalists in the U.S., where the phenomenon of SLAPP lawsuits is becoming more common. SLAPP means "Strategic Lawsuit Against Political Participation," and is an obvious way to silence your critics.

Here in Canada, there is even more of a potential threat because of how loosely the libel laws are written here, compared to the U.S. where free speech is more of a sacred right.

Thank God Hydro-Quebec didn't think of this strategy first. They could have sued for damages because of the Cree campaign to get the New York Power Authority and Con Edison to boycott Hydro's power.

For all these reasons, we at The Nation recently agreed to join the boycott campaign, the first publication in Canada to do so. We encourage all those with a sense of justice to join in.

The threat of such lawsuits is an offense to democracy. One thing that can be said about Communism or a dictatorship is that the rules are clear. Free speech comes out of the barrel of a gun. In Canada these days it seems that "democracy" means you have as much free speech as there is money in your bank account.

by William Nicholls

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Niskich

photo: Christopher
Fireman
design: Katerina Cizek

reznotes

by Ndiamon

There are few things I fear more than radio. More specifically my having to talk on the radio.

Several days ago one of the local stations called to ask for an interview. The night before the taping I was so nervous I stayed up half the night eating cold General Tao chicken, tossing and turning and rehearsing what I was going to say in my head. When the time came, my prepared three-hour speech of witticisms and great insights from the night before turned into an embarrassing mass of unintelligible mumbles and stammers. Hopefully they have great editors at their station and I didn't appear too much the fool.

I like to think I have an understandable explanation for my mediocrity in and, therefore, fear of radio. Radio has only been around Cree society for, at the most, three generations. Of course at the beginning it was only the choice few, the Hudson's Bay Company agents and such, who had access to the dial.

My father tells the story of the time transistor radios first hit the Cree market. A large crowd, with cash in hand, had gathered at the Bay, lining up for their first family radio. An old man stood in the crowd looking over the merchandise. He turned to my father and said, "Let's you and me not buy these right now because in the future we'll be able to actually see the people we hear talking on them. Then, we'll buy them." The old man went on to describe what the people on the "radio" would look like. "They will have huge heads, eyes and teeth," he said. Years and years later, long after that old man had passed on, the first television sets appeared in Waskaganish and my dad was reminded of the old man's words. My dad would smile and say the beings the old man saw in his dream were the puppets on Sesame Street, The Muppets and the characters on Saturday morning cartoons.

A love affair began between this new technology and trappers who would drag

their radios deep into the bush to listen to programs coming in from the U.S. on shows like the Grande Ole Opry. The batteries, as large as the radios, had to be kept warm and were wrapped in blankets.

People loved their radios so much that when Crees were able to rent long-range CB radios for their traplines, one person actually broadcasted music from his camp. He stopped only when a CTA rep told him he was taking airtime which might be needed for emergencies. Too bad; his choice of music was unparalleled.



Native control of the airwaves only came in the early 80's in Waskaganish. The station was staffed by a small group of enthusiastic volunteers who passed on the usual news, weather and sports. They even had a time slot for games, trivia and of course the ancient Cree pastime of bingo. It was great.

Gradually though the station's performance spiraled downward and airtime was filled with mostly bingos and music dedicated to this and that person on their birthday. Or little messages for this person to call this person.

One day I turned on the radio to see which cheesy song was playing for the millionth time. A friend of mine was live on the air. As his program "progressed" I started to notice slight changes in his delivery and sloppy mixing of songs. I walked to the station to investigate. There he was stooped over the turntable struggling to place the needle over the right track on the LP with a mickey bottle tucked inside his sleeve. Not long after, someone called and ordered him off the air. There was nothing left for him to do but raise his bottle in a toast to his all-too-short career in radio.

Things can only get better though. Today the James Bay Cree Communications Society is working to modernize and better link their network. There are also plans for a new building to house studios and a training centre. Apply at once all you radiophiles. *77*

The Nation is published every two weeks by Beesum Communications.

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Printed by Hebdolithe.

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Publication Mail #0584584

ISSN #1206-2642

THE NATION IS A MEMBER OF:

The James Bay Cree Communications Society

Circle of Aboriginal Controlled Publishers

Canadian Magazine Publishers Association

Quebec Community Newspaper Association

Canadian Community Newspaper Association

Les Hebdo Sélect du Québec



WHERE TO REACH US:

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SUBSCRIPTIONS

Individuals & Institutions: \$45

ABROAD: Individuals: \$70 U.S.

ABROAD: Institutions: \$85 U.S.

Payable to Beesum Communications

Nation



HQ TO CUT FLOW OF NOTTAWAY, BELL RIVERS

Hydro-Quebec has officially announced plans for its first-ever project in southern James Bay -- the diversion of the Megiscane River, a tributary of the Bell and Nottaway.

The Megiscane now flows northwards. If Hydro gets a green light, the first 125 kilometres of the river will be diverted southward into the Gouin Reservoir and the St. Maurice River. Construction is to start next year.

The flow of the Bell River, used for fishing by many people from Waswanipi, would be reduced by 20 per cent, according to Hydro's calculations. The Nottaway would be reduced by 6 per cent and the flow out of Lake Matagami would fall 8 per cent.

Also affected would be Lake Megiscane, about 125 kilometres south of Waswanipi. The lake's water level would be raised by 1.5 metres, enough to flood 12 square kilometres. The flooding may affect Cree burial sites and an old Hudson's Bay Co. post where Crees traded in the 19th century.

Hydro submitted the project to Quebec's Ministry of Environment last November for approval. For the moment, Hydro envisages no public hearings, even though the Megiscane River is entirely within Category III land and Hydro admits the project will impact Cree rivers.

The utility says the environmental procedures under the James Bay and Northern Quebec Agreement don't apply because the dams and dykes will be built on Attikamekw land.

But the Crees of Senneterre and Waswanipi report a long history in the Megiscane River area and places well to the south. Mistissini Crees also have a history here. Senneterre Cree land extends as far east as Clova

and Parent, south of the Gouin Reservoir.

Before going ahead with the Megiscane project, Hydro may be forced to settle long-standing grievances over the Gouin project, built in the 1950's. That project is still a sticky issue for local Attikamekw and Crees who were never compensated. The massive Gouin Reservoir is just on the other side of the height of land separating the watersheds of James Bay and the St. Lawrence.

"We had no compensation for the Gouin Reservoir," said Roger Chachai, a member of the Obedjiwan band council. "There was great flooding. It was a big mess."

Chachai said 15 to 20 Attikamekw trappers will be affected by the latest project. He confirmed that Crees and also Algonquins have a history in the area.

At a recent meeting in the community, local trappers asked utility officials about the impacts on animals, fish and the environment, but they didn't get any answers. Hydro is still studying the impacts.

Chachai said the community wants to meet with Crees and Algonquins to discuss what to do about the project.

Also opposing the project is Senneterre Mayor Gerard Lafontaine, who said it will harm tourism outfitters, forestry operations, summer camps, as well as Native people. Lafontaine said the project requires his town's consent because the entire area where the project will be built stretching to the Gouin Reservoir was recently incorporated into the municipality of Senneterre.

"I have a very negative view of it," Lafontaine said. "Before doing anything, they should talk to us."

The mayor said residents of Matagami and Lebel-sur-Quevillon are also concerned.

by Alex Roslin

CREE LAND TO BE FLOODED

A 160-year-old Hudson's Bay Co. document proves that Crees have a historic attachment to the Lake Megiscane area, which will be flooded by Hydro-Quebec's latest hydro plan.

Hydro-Quebec doesn't recognize the Cree presence in the area. But the Cree presence is mentioned in an 1836 report of the "Michiskun" Hudson's Bay trading post on Lake Megiscane, about 125 kilometres south of Waswanipi.

"The Six Indians who belong to this Post could very conveniently attach themselves to Waswanaby -- the post to which they belonged before one was Established at Michiskun," says the report.

The report notes that 259 male beaver were produced by the "Six Indians belonging to this post" in 1835-36.

The post was established in a strategic location to guard James Bay furs from outside "encroachments," the report says. Especially annoying to the Hudson's Bay Co. were "Wabanaku and Iroquois Trappers" and the "late Kings Post Company."

The report paints an interesting picture of the fierce, often bloody, competition for James Bay fur. In the 1600's and 1700's, the British and French fought a war in James Bay over the fur trade. The war included violent raids and massacres of Crees by the intruders known as the Naataawaau, who were probably Iroquois. In one famous incident, a Naataawaau force was ambushed south of Wemindji at a portage known as Naataawaau Kipitaakin. Other battles erupted around Iyiyuuschii.

Even after the fighting ended in 1713, vicious competition pitted the Hudson's Bay Co. against the North West Co., private trappers and others.

The report credits the Michiskun Crees with helping to deterring the Iroquois from taking local furs in the 1800's.

The report was made available to us by Mary-Jane Moore, chief of the Senneterre Crees. Moore said today many Crees still live in the Megiscane area, which will be affected by flooding due to HQ's project. The Coopers, Wapachees and Marks all live in the area. Moore herself has a moose camp nearby on a small lake near Lake Faillon, which would see its water flow reduced by 61 per cent by the project.

-by Alex Roslin

Letter to *The Nation*.

Bouchard, can you hear us talk. We don't need our lands to be flooded any more. Now, will you stand for us or against us. Are we your allies? So it seems. We stand with you if you stand with us. Don't play behind our back. We'll meet you at the negotiating table. Better sooner than later, before anything gets out of control again. No resolution, no solution, 'till all be finalized at the negotiating table. Are you for it or against it?

Norman Iserhoff, Mistissini

Letter to *The Nation*.

The Quebec government couldn't go through the Crees. Now they're going after the Innu of Sheshatshui. After the failure of

The Innu now are standing up for their rights, after experiencing the agony of devastation of their land in the late Sixties. That was when the lower Churchill Falls project was built without the Innu giving consent. Now the Innu are fighting back. This time they won't let this one slip by their hands. The chief of the community said that this project is too close to our community [The Nation, March 27, 1998].

Over the past few years, we have heard the Native people saying our land is not for sale, and still the government comes up with this proposal saying this is how much we're willing to pay if you let us go ahead with this project(s) or clear-cutting in your land. Time and time again, we keep hearing them trying to negotiate at the table once again.

As for my personal opinion, I think the devastation of the land in Northern Quebec has to stop. I don't blame the government for trying to convince the people up north to

For what the government is paying to the people is only peanuts to him. But for what he'll get in return using it commercially, he'll profit more than what he gave to the people. We know he's going to keep coming back again, trying to persuade the Crees of the Innu for the sake of their lands.

Stanley Longchap, Mistissini

Letter to *The Nation*:

The Cree Board of Health and Social Services has been actively campaigning for smoke-free public places and your organization has been recognized as one of the establishments which provides a complete smoke-free environment for your employees. As a result I am pleased to award Beesum Communications with this Certificate of Appreciation in recognition of your efforts in this regard.

**James Bobblish, Executive Director
Cree Board of Health and Social Services**



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SADIE'S WALK RAISES DIABETES AWARENESS

Sadie Muik was a Native woman from out west. She was a well-loved woman who worked to raise awareness of diabetes. Tragically, she was killed by a logging truck. Her community started a yearly walk to honour her memory.

The walk for Sadie has grown. Each year, Native communities across Canada and the U.S. join in a walk to raise awareness about diabetes and Native peoples. They walk to remember Sadie and all the loved ones lost to diabetes.

This year is the first time the Cree communities joined in and walked. All nine communities participated. Waskaganish and Chisasibi fielded the most walkers with 225 people each. The smallest gathering of 51 people was far more than the organizers expected. "We didn't expect more than 10 or 15 people to show up," said Robert Harris of the Cree Health Board.

Cree Health Board organizers are worried about the numbers of diabetes in the Cree territory. Currently about 8 per cent of the Cree population are diagnosed with diabetes. But the numbers may actually be double that or even higher, Harris said. He said in a similar Native community the rate was 23 per cent, or the third highest rate in the world.

By contrast the rate in the rest of Canada's population is about 2.5 per cent. The low figure in the rest of Canada is why the Cree Health Board has limited resources to deal with the diabetes epidemic facing Natives, said Harris.

"In the south concerns are AIDS and tobacco. These areas are well-funded. We receive funding for that and have to spend money

on it. We have no choice. But we get next to nothing for diabetes even though it is of great concern for the Crees," said Harris.

Harris said it is a new illness for the Crees and most knew nothing about it. "One patient who was diagnosed two years ago never told anyone about it. She was scared people would think she was lazy or something," he said.

Harris said the walk shows people who have diabetes they are not alone.

Nemaska's Community Health Representative, Rosie Wapachee, agrees. Nemaska saw 102 people, or a quarter of the community, come out to a seven-kilometer Sadie's Walk. "I didn't expect that," said Wapachee.

The youngest to join the walk was a four-month-old baby. The mother followed Cree traditions of children not touching the ground before a walking out ceremony by carrying the child and another throughout the walk. The oldest Elder present was 82-year-old Sam Blacksmith, who led off the walk with a prayer. Wapachee remembers asking Blacksmith, her father, to slow down when the walk started. "He was hopping and skipping as he went along. The youth were amazed," said Wapachee. Wapachee said he talked of walking about 50 kilometers daily in the past.

At present there is only one dialysis machine for Crees, located in Chisasibi. Harris said hope lies in awareness and prevention programs. "It's a good investment. The cost of prevention is lower than the costs of treatment," said Harris. Advice to all Crees is too exercise, eat healthy and get information on diabetes from your local clinic.

by William Nicholls

CREE RECYCLING INVESTMENT

SCHEME DEAD

The plan to invest up to \$27 million of Cree heritage funds in a questionable U.S. recycling scheme is now dead.

"For all intents and purposes, the project is dead," said Bill Grodinsky, corporate secretary of the Cree Regional Authority.

Grodinsky said both Crees and promoter Walter Childress, a Texas entrepreneur, pulled back because it "was becoming an issue in the Cree world."

Last year, *The Nation* contacted four top U.S. recycling experts who said the project was ridiculous and warned that Crees could lose their money.

"It sounds like a crock," said Leone Young, a Wall Street financial analyst and one of America's leading experts on the recycling industry.

At the time, however, Cree leaders were seriously considering the proposal. Grodinsky said at the time: "It is feasible. We see it as happening."

Promoter Walter Childress had come here to meet Cree chiefs to discuss the plan. He promised enormous profits if Crees gave him money to build recycling centres in major cities across the United States.

Chief Billy Diamond was the one who apparently brought the project to the Crees. We were informed he met Childress through a New Orleans woman named Voyce Durling Jones, Liberia's consul-general in the U.S. Southeast.

SHAKE-UP AT 381

More ugliness at "381." The sudden departure of the manager and another employee has shaken up things at the beloved rest stop on the James Bay Highway.

The "lay-offs" followed a screaming match last summer in which a gas bar attendant refused to serve some Cree travellers.

It all started when Christopher Stephen, his wife and another Cree rolled into the rest stop last June. They arrived at 11:57 a.m., three minutes before gas-pumper Chantale Mainville was due to go on her lunch-break.

She refused to be of service and allegedly started yelling and started throwing around racial slurs about "Indians."

Not long after, Mainville was let go by 381

continued on page 9

LES MINES INMET

The Troilus Project is a division of Inmet Mining Corporation, a Canadian mining company engaged in exploration, development and processing of base and precious metals internationally.

The Troilus Project is situated 175 Km north of Chibougamau and is accessible by way of the Route du Nord. The employees will work on a 4-3 or 7-7 shift schedule and will be provided with room and board at its first-class camp on site. The company is presently searching for candidates to fill the following positions at its Troilus Project, an open-pit gold mining operation.

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St. Laurent (Quebec)

H4T 1Y7

Reference: 9804

Fax Number: 514.342.7778

continued from page 7

manager Louis Prive. Then, Prive himself was let go. This started speculation that the departures were related somehow to the racist incident. Was Prive fired because he had fired Mainville?

Richard Beland, the new manager, confirmed he had heard that Mainville was let go because of the racist incident.

But the SDBJ, which owns 381, denies the the departures had anything to do with the incident. The SDBJ's Raymond Thibault said Mainville left for "personal reasons," while Prive was let go because he didn't have the experience to run such a "complex" operation as 381.

EXTEND NATIVE TAX

EXEMPTION: MERCHANTS

The Chibougamau Chamber of Commerce is lobbying the Quebec government to expand the Native tax exemption.

The 180-member association wants Native consumers to be able to purchase



goods and services, and take delivery of them in town, without paying sales taxes.

Presently, Natives are exempt only if the product is delivered to a reserve.

Nancy Caouette, secretary of the chambre de commerce, said merchants have wanted the exemption to be extended for years.

NEW CREE CHURCH

First Nations Ministries have taken a big step of faith to purchase a \$145,000 building in Val d'Or as a church for James Bay Crees.

Rev. Billy Ottereyes signed the sales contract and says he hopes Crees will donate funds regardless of their church affiliation. He would like the "Cree Evangel Centre" to be debt-free when the doors are opened.

Source: Rev. Billy Ottereyes

ENVIRO-BUDGET

SLASHED

The Bouchard government has slashed spending on the environment to less than a third of what it was under the Liberals, says Greenpeace.

Spending in 1993-94 was \$776 million, but fell to \$217 million in 1997-98. This, despite the Parti Quebecois electoral platform which promises to make "the ecological crisis" a top priority.

LET'S GET IT ON

BOOKS

Secret Fighting Arts of the World

by John F. Gibey

Rutland, Vermont, 1963, Charles E. Tuttle Co.

It's always interesting to hear people describe a special fighting move they like to use. Here's the one this book starts off with.

As a boy, author John Gibey is walking in a park with two young gents who were his hood's best street fighters. The trio comes across an elderly man, slumped against a tree and puffing contentedly on a pipe. This target is too much for Gibey's companions.

Without a word, the men converge on the old fellow. He goes on puffing. Suddenly, both strike him at the same time, full on both sides of the face. Then they chuckle and step back to let him collapse. But... no body falls. The old man takes his pipe from his mouth, taps the tobacco out of it, puts it in his upper pocket, and says lackadaisically: "You boys 'pear to be lookin' for trouble." The three take off. As Gibey explains, One pair of heels is worth two pair of hands.

The old man was probably even more skilled in not having to show his skill, Gibey

says. He showed the highest principle of fighting, that of not having to fight. Gibey's research into unarmed fighting methods started that day. This book is the result of his travels looking for (and getting knocked out by) the deadliest and most dangerous people on the planet.

Delayed death touch. A Taiwanese man with a small beard called Oh almost kills his son to show Gibey the "delayed death touch" is still alive. Oh explains: "My son has never had the experience and needs it badly." Oh puts his right index finger lightly on a point just below his son's navel. Three days later, at exactly the time Oh has predicted, his son passes out. He would have died if his father hadn't used secret techniques to bring him back to life.

Also found in Taiwan: a man who can plunge his arms up to the elbow straight into hard ground. And: a man who can support over 200 hundred pounds of weight attached to his genitalia.

Liverpool Nutter. "There are two things an Englishman understands, hard words and

hard blows." Based on this philosophy, one Liverpool man practices an hour every day for years to perfect his headbutt. ("Nut" is the Cockney word for head, hence "the nutter"). Now, he can do it eight times per second(!) Awesome.

Macedonian Buttock. You could call this one the "buttbutt."

Parisian Haltotic Attack. Here's an obvious one from our brethren in France. Gibey gets knocked out by a man in Paris who spent years eating smelly foods and herbs so he could generate an "evil breath." But does he get any dates? (Will not work in a windstorm.)

Kiai-Jutsu. Aka: Spirit shout art. Gibey gets knocked out by the ancient ninja art of using a loud shout to kill or wound.

Unexpected Tactic. Gibey challenges a legendary fighter in South Africa and succeeds in throwing him hard to the ground. He's about to choke him out when the guy starts crying. Gibey lets up his hold just enough to let the guy kick him in the jewels. "I had been kicked and hit there before but never so beautifully and had never passed out," he says. When he wakes up, there is a note: "SURPRISE!" -BY ALEX ROSLIN

GOOSE HUNT '98

by William Nicholls

The geese are flying! And Cree hunters are oiling up their guns, buying supplies, checking out camping equipment and doing what they need to do to take off into the bush with a few unfortunates saying goodbye to the women and having to do their own plucking. Once again Cree communities will become ghost towns for about two or so weeks. So the big news is... who got the first?

In Mistissini, Don MacLeod had gotten the first so many times it was almost becoming a tradition. This year though MacLeod underestimated the arrival of the geese in the territory. MacLeod's family left for an Easter vacation to visit relatives in Montreal.

Whilst he was gone the honour of the first goose fell to another...

MacLeod. Young Clifford, a nephew of the aforementioned shotgunner. Don, however, did attempt to retain his previous title. "I got lots with my camera," said MacLeod, saying he had "shot" them before Clifford. "I'm just being a little more concerned with conservation this year," explained Don.

Clifford MacLeod got Mistissini's first goose on Sunday, April 12, at 8:00 a.m., according to witness Luke MacLeod. If people wouldn't say I was jealous, I might try to say this was some sort of MacLeod conspiracy.

In Chisasibi, on Monday April 13, Walter Rupert was rewarded for his vigilance with that community's first goose. Susie Mowatt, "my spouse," nicely plucked it, Rupert related to *The Nation*. The couple has eaten that goose using the boiling method. Rupert told *The Nation*, "I shot him, I felt good, I felt excited and

this may be a good hunt." He refused to comment further on any matters relating to this or previous goose hunts. I decided that asking him to comment on Cree politics wouldn't be wise at this time.

Waskaganish got theirs pretty early on Sunday, April 5. It was Charlie Diamond, who broke the Sabbath with a return to ancient Cree traditions by shooting it when he first saw it.

I phoned Waswanipi's "most honest guy around here" Paul Dixon. Dixon said it was Sam "Sam the Man" Blacksmith somewhere around April 2, 3 or 4. Dixon also related that another Waswanipi resident tried the Don MacLeod approach. Jerry Ratte apparently took a shot at a goose "three miles away" just so he could claim the dubious honour of being the first Waswanipi-ite to shoot at the "first" goose.

Wemindji saw Danny Tomatuk killing



PHOTOS BY C. FIREMAN

this year's first goose... again on April 13. But who knows, 39 geese were "claimed" as being killed on that one day alone. Tomatuk could not be reached for comment.

In Eastmain there is still a bit of confusion as to who killed the first goose. The contenders are George Cheezo and Greg Mark Stewart, both having made their kills on April 13 within 15 minutes of each other. I foresee a need to have all Cree hunters synchronizing their watches at the beginning of April. Perhaps a service made possible by the local radio stations?

In the case of Cheezo his wife Florence plucked the goose and they cooked both the geese that Cheezo killed with the traditional spinning goose method in a teepee. Cheezo says he wishes everyone good luck and hopes that you kill what you need before the government opens up the fall goose hunt next year to sports hunters. Bastards, eh?

In Nemaska we contacted Youth Grand Chief Bertie Wapachee of the Cree Nation Youth Council. Wapachee said he thought it was Lawrence "the Fox" Neeposh. "He's the only guy I know who killed a goose last week or weekend (April 5-11)," said Wapachee. The Fox apparently nailed four that day; no reports on cooking methods, plucking or goose hunt predictions.

Ouje-Bougoumou's early bird hunter was Claude St-Pierre according to one rumour. Just when he shot it was unknown by the local rumour-mongers in O.J. The other rumour says it's Bobby Capissit and no dates are available as of yet. Unfortunately even the chiefs were unable find the truth before we went to print. Thanks to Daisy for all her help.

In Whapmagoostui, no goose has been downed as of April 16, 1998. Still a little cold there, I guess.

A word of caution: be very careful on the ice. It's going bad in a lot of areas, according to reports. Please exercise the upmost caution, as we want to see you all around next year.

Neil Diamond also contributed to this report.



DIABETES in Pregnancy

Preventing diabetes in pregnancy was the goal of an 18-month program which recently finished. The services of a nutritionist were offered to all pregnant women in four communities - Chisasibi, Mistissini, Wemindji and Waswanipi. Participation was excellent and the nutritionists - Kinga David and Alleen Collier - enjoyed living in Chisasibi and Mistissini. In addition to seeing each pregnant woman, they offered cooking classes and tried to promote physical activity through walking groups and low-impact aerobics.

AN EVALUATION OF THE PROGRAM SHOWED THAT:

- Most Cree babies are born big and healthy. The problem of underweight babies that happens in non-native women is rarely seen in Eeyou Istchee.
- One out of 8 pregnant Cree women (13%) get diabetes during pregnancy (gestational diabetes). This is three times the rate in the non-native population and among the highest in the world.
- Before getting pregnant, many women are already overweight, boosting their chances for gestational diabetes.
- During pregnancy, eating a lot and not being very active leads to gaining too much weight. This weight is hard to lose after childbirth.
- Some very fattening foods, like fried chicken and french fries, are eaten too often during pregnancy.

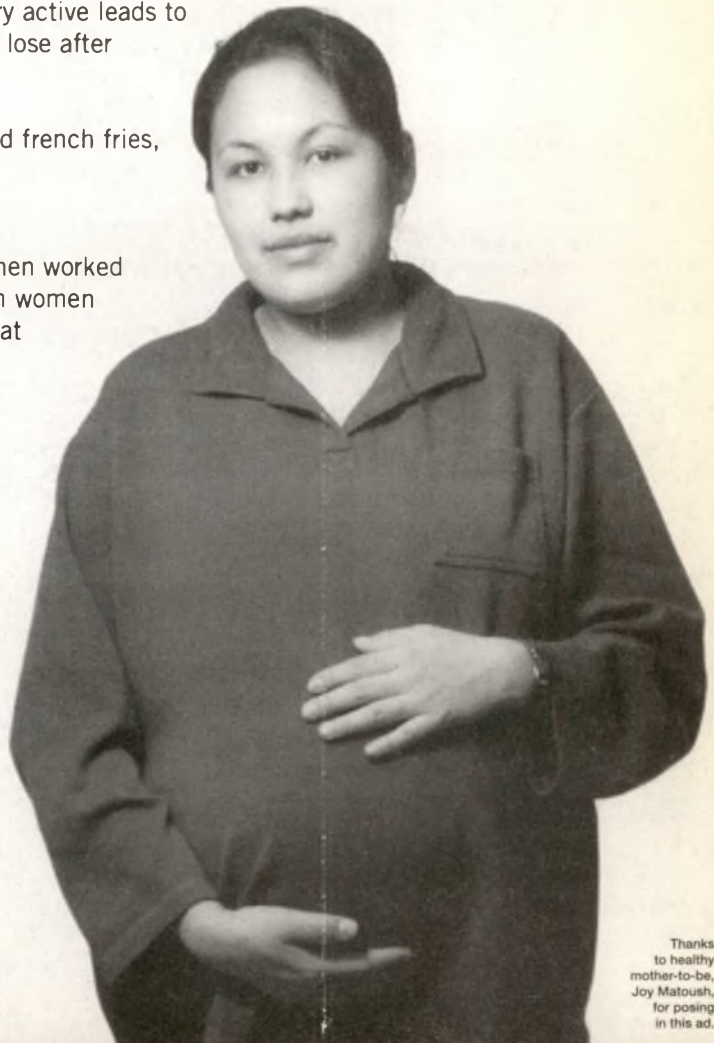
THINGS TO THINK ABOUT

Before, when Cree families lived in the bush, women worked hard and food was not as available as today. When women were pregnant they were encouraged to rest and eat more.

Today, the situation is the opposite. Women don't have to work as hard when they are pregnant. They are not as physically active as in the past. At the same time, there are all kinds of tempting, fattening foods in the store.

**To cut our chances of getting diabetes,
let's all think of ways to choose healthy food and
keep physically active.**

*This is a summary of the results of a research project on the reduction of risk factors for gestational diabetes, funded by the National Health Research and Development Program (NHRDP) of Health Canada. The project was approved by the CBHSSJB, and the chiefs of the four communities also wrote letters of support. The principal researcher was Dr. Katherine Gray-Donald, School of Dietetics and Human Nutrition, McGill University, 21, 111 Lakeshore, Ste. Anne de Bellevue, Quebec H9X 3V9.
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Cree Board of Health and Social Services of James Bay

Thanks
to healthy
mother-to-be,
Joy Matoush,
for posing
in this ad.

A Voice from the Land

A decision from the people

By Eric and Irene House

The James Bay Crees of Northern Quebec are again being asked to speak and take a stand regarding further development on their lands. This development is the mining industry which is now in progress and in the stage where it's now a reality. It is now very urgent to consider this issue, to open this issue immediately with utmost importance. It is a known fact this kind of development can be devastating and detrimental for the peoples of the Cree Nation, the traditional Cree lands and way of life.

Apparently, the present leadership of the Crees (Chiefs, Council members, Cree Economic Development and Grand Council) haven't come together to consult and discuss this issue with the Cree people because no direction has been brought forward from the traditional people of the lands. The Cree Nation of Northern Quebec has always understood that major developments affecting their lands and way of life have been a foremost priority of the Eeyou who are still practicing the traditional way of life.

The Cree trapper has always been the key consultant and leader regarding issues which affect Cree lands. The Cree trapper understands the full meaning of the land and the importance of cultural continuity. Then, the Cree trapper is and will be the consultant and leader regarding mining development in the Cree lands of James Bay Quebec.

Many mining companies approved by the provincial governments have already done tremendous amounts of work in the Cree lands of James Bay. Presently, the mining industry developing in the James Bay area is very vast and also in different stages. The mining companies are open to inform and consult with the Cree people, but the provincial government has stated that Crees don't need to be consulted. The option of Crees working with the mining companies is and will be a brand new area for Crees to venture into. The Cree Nation of James Bay will also consider if this is the only option.

The mining process is as follows:

Prospecting

1) A small group of people called JUNIOR COMPANIES look for minerals on land from information that the provincial government has already from airborne surveys done in the past.

2) They collect samples of rock which are then analyzed to see if they carry precious minerals which they look for.

Exploration

1) If they find gold, silver, copper, zinc or any other precious metal they look for money from the stock markets or from bigger mining companies like Noranda, Barrick Gold, SOQUEM or Debyers, and these companies put money into this junior company to explore more.

2) This part of the process has caused a major concern about the damage they have caused on the territory. It involves scraping the land, building roads (temporary), claim-staking, line-cutting, building camps, drilling, fuel and oil traces on the land, heli-



copters flying around crisscrossing the land, blasting with dynamite.

The mining industry says all the elements to create a mine in the James Bay area are in place as of now: electricity, water, roads, minerals.

The next step of selling this project is extraction, which brings in the building of the mine itself and trucks and ships to bring this material from the land to be processed. The junior companies operating in James Bay areas have already contacted these bigger companies and have made deals with them for money to do more work in these areas. Even partnerships with these larger corporations have been put in place.

This is what becomes a great concern to the people who care for the land. Without any restrictions in place or asking any consent from the Cree trappers, the mining companies feel they can do anything they want after they receive the exploration permits from the provincial government.

The question of where and how will the Crees stand on this issue is very crucial and needs to be answered cautiously before further development is done by the mining industry. The Crees must also refer to the updated research on mining in the James Bay area that has been done and can be made available upon request.

Furthermore, we can emphasize that the Cree trapper of James Bay Eeyou Estchee must carry the voice of the people on this issue. The Cree trapper also carries the voice of the land and has a better understanding on all aspects of Eeyou's important connection to the land.

Presented in Whapmagoostui, October 21, 1997.



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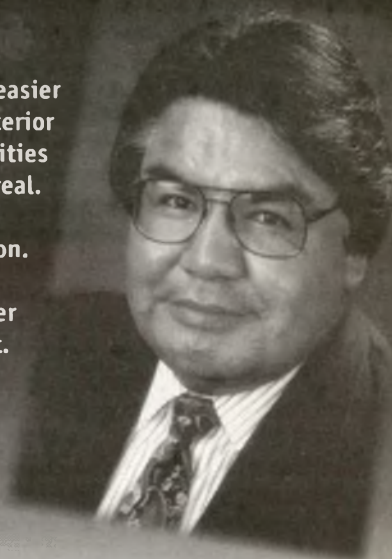
Departure	Arrive	Arrive	Arrive
Montreal 8:50 am	Chibougamau 10:00 am	La Grande 11:35 am	Chisasibi 12:20 pm
Chisasibi 1:40 pm	La Grande 2:00 pm	Chibougamau 3:35 pm	Montreal 5:15 pm

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The Great Outdoors Show

By William Nicholls

On March 18-22nd this years Great Outdoor Show saw an increase in Crees participating. I found most of them in the Aboriginal Site and a few on the main floor. In fact the Aboriginal Site allowed Natives to have their own area and added a distinct flavor to the show.

When entering the Native Site, I found what could only be called the Cree row. First it was Mistissini Tourism along with George Shecapio promoting the reopening of Camp Louis Joliet as a family business. Other Mistissini Crees were on hand to promote their



Watchia

tourism camps. Beside them was Watchiya, selling Cree crafts and artwork, across the way was Waskaganish Tourism and Pash Travel. Next an Air Creebec display had a flight simulator and on the end was Ouje-Bougoumou Tourism. An impressive site but I was wondering where Mandow was and eventually found them on the main floor of the show.

Normally I would mention all the aboriginal businesses that were present at the show but there was just too many this year. A great showing since the participation has easily tripled since last year. It should be fun to see next years show.

I am often surprised that more Crees don't attend these shows. It's a hunting and fishing supplies buyer's paradise. Not only do you get to see the latest models of skidoos, guns, fishing reels and rods, new hooks, hard to find hooks but you get to see new neat things.

I found three things that impressed me the most. The first and most important considering that goosebreak is here is the Seal Skinz waterproof socks. These babies are even said not to cause blisters (at least because of them) as they are made using a seamless construction. They also have a one way method that allows perspiration to escape but water can't enter. Cost is around \$30 plus for these beauties. The second thing I found was something similar to a sleeping bag with some suspenders added. Would be great if you were on the ice in a blind and wanted to keep warm. The salespeople told me this was designed for deer hunters who had to stay in a blind for hours on end waiting for deer. Sound familiar? It runs around \$329.00. The last product I found was Technice. You take a sheet, put in water until the sheet starts swelling and freeze it for 24 hours. It stays frozen for days unlike nor-



Pash Travel

PHOTO BY WILLIAM NICHOLLS

mal ice packs and ice. It takes up less space and is reusable. Not only that but you can use it as a heat pad for sore muscles or arthritis pains by putting it in a microwave for 1-4 minutes.

Other features of the show include kids camps, family campgrounds, outfitters and a host of others.

One of the most interesting educational stops at the show was Falcon-+duc. They had a falcon, owls and hawks on display. This is an organization that goes around to schools letting students have a good close look at the birds. They charge \$75 for an educational presentation for 30 students and \$0.25/kilometer traveled. Interested teachers can visit their web site at <http://www.generation.net/~falcon>.

I listened to lessons in moose-calling, fly-fishing, dog training, survival techniques and how to use new products and old.

You could practice climbing up the highest indoor freestanding climbing wall, see demonstration in kayaking, mountain bike demos and white water rafting in the white water basin at the Great Outdoorsman show. Recommended for all Crees next year. Don't miss it.



George Shecapio to reopen Louis Joliet



SEEING BEYOND™



— *Roderick Pachano*
Chairman of the Board

Last week, I was in Waskaganish...

April 1, 1998

Last week, I was in Waskaganish.

This fascinating old Rupert House Post has an interesting past image

Established in 1668.

And I must say it has an exciting present, too, in 1998.

What I noticed right away was the river; I belong here I thought.

Waskaganish has a rare traditional spirit.

Their town is nestled right at the bay

Where the Rupert River flows cold, dark and silent.

The Rupert River has seen it all:

Englishmen entering a land and naming it after their king -

Their history now, but the same river flows on

When I was there, I went down to see the river, to stand at the river bank.

Maybe a nobleman once also stood there. More recently,

Neil stood on that hallowed ground.

The Kanio Kashee lodge is unique, quiet and restful.

I did not stay in the lodge, but I was pleasantly surprised when I went inside.

The place was stunning and cheery.

At Ted's house where we stayed, we looked out to the Bay at a spectacular scenic spot

Imagine Ted seeing that picture: a perfect view every day.

And Ted knows how to make great bread.

It's chewy, crispy and very good.

I think one of the nicest things I found in Waskaganish was how friendly the people are.

It's wonderful to be able to share my poetry with people, share my work and teach.

Some of the problems that are dealt with in every day life come out in poetry.

Writing can be enjoyable, a new challenge.

Anyway, I'll be the first to admit

I'm amazed at the adventures on which my poetry has taken me.

As a poet, I've never considered myself to be an artist.

The fact is I've never had a single poetry lesson.

All the same I'm not sure how to explain it.

When I write I just imagine myself in the picture,

and the poems make music and pictures as I go along.

At first, I was embarrassed to show my poems to anyone, they didn't seem good enough to share,

But what a pleasant surprise that people liked my poems.

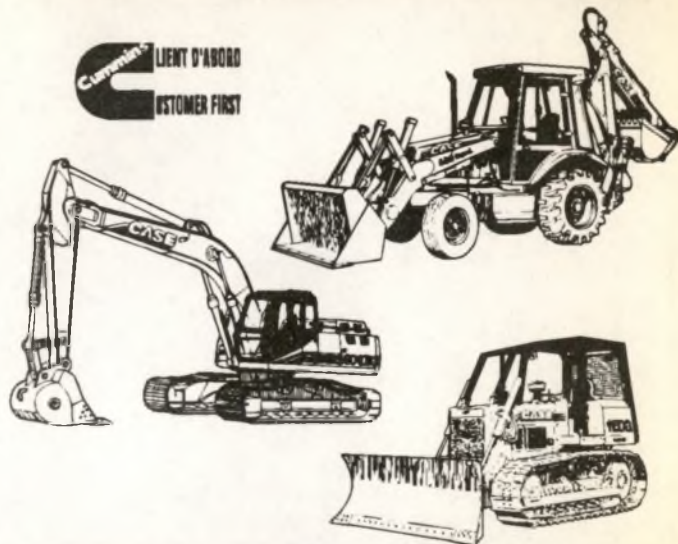
I thank Ted and Gertie for inviting me to Waskaganish

And William, Eddie and Hélène.

By Margaret Sam-Cromarty

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Wachiya!



MATTHEW COON COME AND OTHER CREES ON THE ODEYAK JOURNEY IN TIMES SQUARE, NEW YORK ON EARTH DAY, APRIL 22ND, 1991

By standing together we live true to our traditions.

We ensure the future of our language and culture for the future generations. Our language is in the land. Earth Day is a world-wide effort to help our environment by addressing environmental needs in our communities.

The theme of this year's Earth Day is "It's Up To Us." Do something on Earth Day that reflects Cree ties to the land.

Earth Day April 22nd, 1998



GRAND COUNCIL OF THE CREES (EYYOU ASTCHEE)
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GRAND COUNCIL OF THE CREES
(EYYOU ASTCHEE)



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Between Friends

Questionnaire results

By Deantha Edmunds

Here are the rest of the results that were sent in response to our Questionnaire. They show what was voted the 'most popular' in the following categories:

Clothing Store:

- ☞ Le Chateau
- ☞ Reitmans, Nothorn, Gap

Movie:

- ☞ Titanic

Magazine:

- ☞ Sports Illustrated
- ☞ The Nation

Music:

- ☞ Country
- ☞ Rock

Daytime TV:

- ☞ All My Children
- ☞ Jerry Springer

Nighttime TV:

- ☞ David Letterman
- ☞ Beverly Hills 90210
- ☞ ER
- ☞ X-Files
- ☞ Friends
- ☞ Seinfeld
- ☞ (Playboy got one vote - whatever)

Author:

- ☞ Steven King
- ☞ Margaret Sam Cromarty

Politician:

- ☞ William Mianscum
- ☞ Pierre Trudeau

Athlete:

- ☞ Elvis Stojko
- ☞ Patrick Roy

Actor:

- ☞ Jackie Chan
- ☞ Buckley Petawabano
- ☞ Tom Hanks
- ☞ Helen Hunt
- ☞ Demi Moore

Religious Figure:

- ☞ Pope John Paul II

The Twilight Zone

By Thelma & Louise
Alive 'n' Bitching!

Taurus (April 20-May 19)

Happy B-Day to our brass bulls. What starts off as curiosity could lead you to a whole new dimension. Piece of advice to you from: "When I look back on all these memories, I remember the story of the old man who said, on his death bed, that he had a lot of troubles in his life, most of which never happened."

Gemini (May 20-June 21)

Listen-up: the biggest mistake is the fear that you will make one. Gemini dreams are made of these, who are we to disagree.

Cancer (June 22-July 22)

As you become less and less attached emotionally, the problem slowly disappears as the solutions appear on something that is troubling you.

Leo (July 23-Aug 23)

Don't be too quick to point out oth-

er's mistakes, cause you're pointing out your own. If the vital connection is gone, just let it go.

Virgo (Aug 24-Sept 22)

Did you ever notice that the quickest way to get undivided attention is to make a mistake. Why is that? Only time will tell.

Libra (Sept 23-Oct 22)

A wrong choice would only reinforce your tendency to settle for less, while trusting others to open the doors to freedom.

Scorpio (Oct 23-Nov 21)

My dear friends, when an idea that does not at first seem insane, there is no hope. Set your sights on the mist of hope.

Sagittarius (Nov 22-Dec 22)

Lucky, yucky you. Fun is in the air. Careful not to find yourself in a mismatch. When necessary, dust yourself

off then start over again.

Capricorn (Dec 23-Jan 19)

Stop gargling from the fountain of knowledge. You must drink deeply, for your life to have more meaning.

Aquarius (Jan 20-Feb 18)

You must realize now that failure is the opportunity to begin again - more wisely. Don't fear my dear, lady luck is holding your hand.

Pisces (Feb 19-March 20)

1st Don't be swayed by a rumor. 2nd let go of an old grudge. Last but not least, tie up those loose ends.

Aries (March 21-April 19)

It's time to get your heart out of the freezer. Act now: you cannot do a kindness too soon, because you never know how soon it will be too late.

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Band Job Descriptions

CHIEF

Leaps tall buildings in a single bound
Is more powerful than a locomotive
Is faster than a speeding bullet
Walks on water
Gives policy to God

DEPUTY CHIEF

Leaps short buildings in a single bound
Is more powerful than a switch engine
Is just as fast as a speeding bullet
Walks on water if sea is calm
Talks to God

BAND COUNCIL MEMBER

Leaps short buildings with a running start and favourable winds
Is almost as powerful as a switch engine
Is faster than a speeding BB
Walks on water in an indoor swimming pool
Talks with God if special request is approved

EXECUTIVE DIRECTOR

Barely clears a quonset hut
Loses tug of war with locomotive
Can fire a speeding bullet
Swims well
Is occasionally addressed by God

DIRECTOR OF OPERATIONS

Makes high marks on the walls when trying to leap tall buildings
Is run over by locomotives
Can sometimes handle a gun without inflicting self-injury
Can float
Talks to animals

TREASURER

Runs into buildings
Recognizes locomotives two out of three times
Is not issued ammunition
Can stay afloat with a life jacket
Talks to walls

TALLYMAN

Lifts buildings and walks under them
Kicks locomotives off the track
Catches speeding bullets in his teeth and eats them
Freezes water with a single glance
He is GOD!

ELDERS

All of the above!

ROYAL BANK NATIVE STUDENT AWARDS

Winners

The Royal Bank is pleased to announce the winners of the Royal Bank Native Student Awards for 1998-99. Five students will receive \$4,000 annually for their educational expenses up to a maximum of four years at university or two years at college.

Cortne J. McKay

Prince Rupert, BC • University of Northern BC
Bachelor of Commerce with a Minor in First Nations (Nisgáa) Studies

Beth A. Winters

Makkovik, Labrador • Memorial University
Bachelor of Science

Vance McEvoy

Winnipeg, Manitoba • University of Manitoba
Bachelor of Commerce

Andy Dales

Regina, Saskatchewan
Saskatchewan Indian Federated College at the University of Regina
Computer Science/Mathematics

Adam Panko

Fox Valley, Saskatchewan • University of Saskatchewan
Economics

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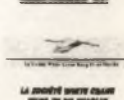
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•ᐃᐱᐱᐱ *Wachiya! Welcome to all! Bienvenue!*



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101-BIRTHDAYS

Happy birthday to our little baby Raymond B. Moore on March 29. Enjoy your special day and many more to come. We love with love, mommy, daddy and your sis, Ashlyn. Wask.

Birthday wishes going out to a special mom Rosie on 04-02-98. enjoy your special day as you are and wish you many more years to come. Love you mom. Love always, Kathleen, Guylain, Rita, Melissa, Steven. Fr. Ojay.

Birthday wishes going out to our friend Margaret Lameboy who will be celebrating her 21st birthday on March 29. Hope you enjoy your day. From friends.

On April 12, happy birthday to Emily Mianscum of Waswanipi. We sure are glad you belong in the family! Wishing you love and happiness always. Love, mom Helen, sisters,

Dorothy Happyjack & family, Lily & Jonathan Sutherland, Jackie & Christopher Barney, Jeannie and family in Ottawa. Chee-sa-chee ee-din.

Happy 1st birthday going out to my sweet adorable niece, "Wabiguins" (Sheryl Ann Wabiguin Rose Mianscum) on March 17, 98. Hope your birthday will be as wonderful as you are. With all my love, aunt Naomi in OJ. xoxoxoxoxoxo.

Well, another year is here when I would like to wish a happy birthday to my godfather and uncle Ricky W. Gilpin on the 28th of March. With love, Rachel. P.S. Godmother don't feel left out, your turn will come on your birthday. Almost forgot, Happy Anniversary on the 20th of March.

102-WEDDINGS

Life is wonderful! Congratulations to Eileen and Kevin P. married in Mistissini to Pauline and Ben Dixon married in

Chisasibi to Norman AND Pierrette IN CHIS. I WISH YOU ALL THE BEST. God bless all with love. Lucie and Martin.

103-ANNIVERSARIES

Happy anniversary to Ricky and Queenie on march 20. We wish you the best life has to offer you. With love, Roderick, Gracie and Family.

Happy wedding anniversary to a lovely couple Fred and Beatrice Cheezo of Wemindji who will be celebrating 29 years of marriage on April 8, 1998. May God bless you both on your special day. With love from the Cheezos, Linklaters, Gagnons in Moose Factory.

105-OBITUARIES

In loving memory of a dear wife, mother, mother-in-law, grandmother and great grandmother Demeris Gilpin Stewart who passed away March 20, 1995. God looked upon his garden and found an empty space. Then he looked down upon the earth and saw your tired face, he put his arms around you and

lifted you to rest. God's garden must be beautiful for he only takes the best. He saw the road was getting rough and the hills were hard to climb. He closed your weary eyes and whispered, "Peace be thine." It broke our hearts to lose you. But you did not go alone. For part of us went with you. To God's garden, your new home. Sadly missed and forever remembered. Marion and Raymond, Fred, Sara, Clara and Elmer, Morley and Anne, Dorothy, Henry and Lillian, Linda and Barney, Donald, grandchildren and great grandchildren.



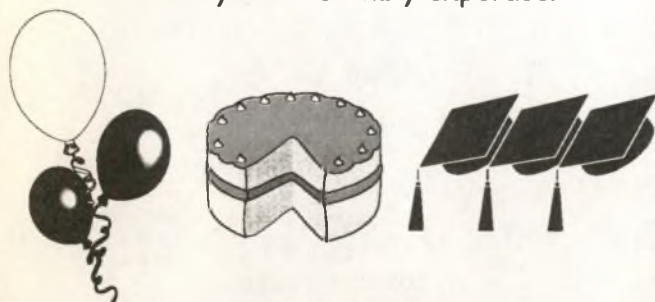
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300-PERSONALS

LOOKING FOR DAD. I am looking for dad. His name is Conrad Stevens. The last time I saw him was June 97. If anybody know where he is tell him to call me or write me a letter. I really miss him. From Isaac Stevens.

On June 20th 1997 at the fair in Chibougamau. Did my heart love till then? Forswear it, sight. For I ne'er saw true beauty till that night. Oh Troy, Troy, wherefore art thou Troy? Deny thy father and refuse thy name. And I'll no longer be a ? I miss thee Troy Coon Come... **Sending all our love** to our nieces and nephews. Earthquake (Justin B.), Tornado (Israel B.D.), Hurricane (Emily B.), Volcano Isaiah D.), Cyclone (Kasanadrea m.), Waterspout (Wabaquins M.) and Breeze (Robert M.) We love you all very much. With love from our hearts, your aunts and uncles from the Bosum family in Ojaj. **Hi Lance Blacksmith.** I heard what happened in Rouyn. I was

looking 4 U fri nit. Never mind her U R better off anyway. I heard she was a one night stand kind of gal so get over her. There R a lot of fish in the sea. Go fishin'! A friend.

We all would like to say a big hello to a very special little boy across the miles, to Cain Stewart of Wemindji, Que. We love you Cain and we are thinking of you. Everyone can't wait to see you again. Miss you and love you. From granny, grandpa Cheezo, aunties, uncles and especially all your cousins in Moose factory.

Hi to these people in Mistissini. Isabelle, Minnie and her husband, Mary and Rene, to Gerald and Angela, to Annie and Donald M., To Boyce and Flora. Thank for the gift. To Kitty Coonishish, to the ladies who work for Eileen's wedding! From Lucie and my husband Martin. Everybody is fun out there.

As requested, here's the "personal" for SWG....again. ELY.



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Yo! Auh! Hi to my buddy Lawrence Pepabano in Chisasibi. Waz up friend! The ceiling I guess? Wishing you the best of luck in everything you do. How's the phone bill? Friend, Lena A. Bosum (Ojay)

Nellie in Hull. How have you been lately? I heard you moved that's why I haven't written to you lately? Hope to hear from you soon. Write 2 me okay? From friend always, in Ouje, NB. P.S. Miss "R"?

Hi to these guys in Waswanipi. Teddy Jackson O., Lorenzo Scott N., Tabesh Bruce S., Moose Joey O., Glasses Man Gabriel C., John John Terry? and Enjabweah Matt. N., So how have you guys been doin' lately? Remember next time you try Ojay boys, they'll beat you! Because the spikers will be there! (joke) Hope to see you again on CSB tournaments. From OJ girls (V team) P.S. Teddy, planning on visiting Ouje again sometime?

Hi to Raymond Angatookalook in Chisasibi. Just to let you know how much I miss you. From someone in Ojay. (L. Bosum)

These words of encouragement

go out to my good friend Lillian Wapachee Macleod at Nipissing University in North Bay Ontario. I am thinking about you my friend, like you said, you are struggling and really trying hard. Only you know what you want in life and with hard work and determination it will pay off. You'll see. By the way, take a break when you need one, I know it's tough being homeless in Mississini, but just remember my home is always, open to your small family. From you know me, Moosonee. Remember!! take comfort in your friends. Keep at it...my friend.

Greetings to my secret pal Cecile Otter. I pray you and your family are well with the Lord. 1st Peter 1:3, Hebrews 6:18-19, Philippians 3: 9-11. God bless you and your family. Love and prayers, Secret Pal.

Isaac Petagumskum from Whapmagoostui. Just to let you know that from the first time we saw you, you changed our lives in a special way. If only we had castles built on high, we'd find a million ways to write your name against the skies, just to let you know you've caught our eyes. You've

been everything that our hearts wanted in a guy. With all our love, 2 secret admirers! xoxoxoxoxoxoxoxo1/2.

Attention everybody!!! I would like to say hello and I love you so truly, madly, deeply to my boyfriend Tintin. I'll be in your dream, I'll be your wish, I'll be your fantasie, I'll be you your love....Oshgosh it feels so good to be all yours, and to know you're all mine...P.S. I gotta goxoxoxoxoxoxoxo. Timooone.

To my husband Henry Cooper. May God be our source of true love and friendship. You have been so good these days. I love you for it. You have been all a good wife could desire. Forgive me sweet for not keeping our love fresh. I love you with all my heart. happy Easter and happy beginnings. From Margo M. Cooper.

Attention! Attention! To yall boyz and girlz who love to write. Penpals wanted for a friendly exchange of letters. From ages 13-18 years of age. first of all we would like to tell y'all a little bit about ourselves. We are four females, 15-17 years of age. If you would like

to hear more about ourselves just write to us and we promise to respond. Write to: Acid Burn or Zero Cool, P.O. Box 74, Ouje-Bougoumou, Quebec, GOW 3C0. And Sunfire or Pacific Press, P.O. Box 55, Ouje-Bougoumou, Quebec, GOW 3C0. Hope to hear from y'all. P.S. Please send a picture if possible.

500-MISC.

University student is interested in providing nanny services to a family this summer,. Hardworking, reliable and great with children. Willing to be live-in live-out. Weekly salary is negotiable depending on the working hours, whether room and board is included, and extent of responsibility. If interested call 514.596.0273 or write to: Miss D.M. Lambert, 3100 St. Joseph Blvd, East, Apt. 7, Montreal, Quebec, H1Y 2B5.

Happy mother's day to my mom Janie, sis Sue, daughter Brina and friend Kathleen. God made some special people when he made you all!! Miss you and hope to see you all soon! All the way from Val d'Or. xoxoxoxoxo. Flora.

Nation

FAVE INTERNET SITES

Hold me, like a pair of Jordans
("Hold me like the river Jordan")
— Michael Jackson from *Free Willy*

Well since she put me down there've been owls puking in my bed
("Well since she put me down I've been out doing in my head")
— From the Beach Boys' *Help me Rhonda*

Baking carrot biscuits
Tape it to a biscuit
— From BTO's *Takin' Care Of Business*

Slow walking Walter, the fire engine guy
("Smoke on the water, fire in the sky")
— From Deep Purple's *Smoke on the Water*

Paid for my Chrysler
— From The Beatles' *Paperback Writer*

presents misheard lyrics from the

80's

Bald headed Woman
— From The Bee Gees' *More than a Woman*

Last night I dreamt of some bagels
("Last night I dreamt of San Pedro")
— From Madonna's *La Isla Bonita*

Check out
<http://www.personal.umd.umich.edu/~infinet/misheard.html>
for more misheard lyrics from the eighties.

cree@large

by Ndiamon™

It's no wonder Mistissini's **Stephanie Mianscum** is the reigning champion of the Nemaska Fitness Challenge. She's impossible to catch up to when she's on the move. We did manage to catch up with her, briefly, for a quick photo shoot. After which she was off and running again. This time for a quick dip at the Chibougamau swimming pool and that was the last we saw of her.

We got a hold of her again on the phone and she was busy planning a holiday weekend in the bush with her family. She barely had time to fax us the cree@large questionnaire. And after that she was off to Montreal and even here, we still couldn't keep up. The following is the last we heard of her...

Daily routine: Get up, exercise, breakfast, shower, work, lunch, work, supper, exercise, sleep get up... boring eh?

If you had a magic wand what would you do with it? Pave the road to Chibougamau.

What do you consider your greatest achievement? Staying in school and graduating even though I was expecting my first child.

Who would play you in a movie? Mr. Bean dressed in female clothing.

What do you dislike most about your appearance?

My silly face, but I'm keeping it, I'm not covering it up with makeup.

First Memory: When I lost my front baby tooth, my kindergarten teacher, Miss Mills her name was, tied a string around it and gently pulled it off.

Words you love to hear: "Hello." My youngest son always says this when he gets home from school at lunch hour.

Words you hate to hear: "I don't know." Repetitive, "I don't know."

Person you admire the most: My husband. He's a great fisherman.

Favourite line from a movie: Jerry f... in' Maguire.

What did you want to be when you were young: A bush pilot.

Greatest fear: Dying without Jesus in my heart.

Nickname: Skinny.

What is your idea of perfect happiness? A family outing, everybody in a good mood, family laughter.

Favourite time of year: Goosebreak.

Favourite song: Amazing Grace.

First kiss: Come to think of it, it was from my husband. We were just kids then.

Favourite time of day:

Coffee break.

Pet Peeve: Toilet seat up.

Most treasured possession:

My sister's friendship.
I love you, Sandra.

Where would you like to live?

In the bush, at least once in my lifetime.

Dream job: A fitness trainer, something in the athletic field, maybe a recreation director for children only. Something like that.

Best pickup line you've heard or used: Want a beer? Back in my younger days, I was dying to hear this line.

Best words of advice you ever heard: Stop drinking, and I did.

On what occasion do you lie? Pay days.

If you were an animal what would it be and why? A bird so I can fly, fly away. A bear so I can catch up on my sleep. A skunk, to get rid of a pest like you. (No, no just kidding.)

Person you hate the most: Someone who cuts into your story and tries to top yours.

Title of your autobiography: It's Only Stephanie.



It's a Smart Choice!

All Pregnant Women are now being offered the HIV test.

If a pregnant woman is HIV positive, new treatments can stop the virus from infecting her baby.



Cree Board of Health and Social Services of James Bay

***Our thanks to healthy parents-to-be,
Joshua Loon and Joy Matoush.***

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